



Nighttime Relief for Plantar Fasciitis!

Instructions for use of the
Thermoskin Plantar FXT™

- 1 Insert a clean foot in the Plantar FXT.
- 2 Secure the top ankle strap around the ankle.
- 3 Slip the elevating strap through the toe loop and pull back to secure.

Care and cleaning. Hand wash in a mild detergent and allow to air dry.

Additional Instructions: It takes little toe pressure to stretch the Plantar Fascia. The first night when wearing the Plantar FXT you should have the strap secure enough to bring the toes upward just slightly.



The second evening you may increase the tension just slightly to stretch the Plantar Fascia. Please note that too much tension can cause foot pain. Always consult your physician if you experience any problems.

Information on Plantar Fasciitis

Heel pain is usually caused by Plantar Fasciitis: an inflammation of the fibrous tissue (plantar fascia) along the bottom of your foot that connects your heel bone (calcaneus) to your toes.

The plantar fascia acts like a shock absorbing bowstring, supporting the arch in your foot. However, if tension on that bowstring becomes too great, minute tears can occur along with inflammation. The result is a stabbing or burning pain that usually worsens in the morning because the plantar fascia contracts overnight. Once the foot limbers up, the pain generally decreases, but may return after long periods of standing or after getting up from a seated position. In some cases, the foot may hurt with the slightest pressure, which makes walking difficult.

Plantar Fasciitis generally gets better with the help of simple treatments for the pain and inflammation. It can take a year or more for the condition to clear completely, but about 90% of the people with Plantar Fasciitis improve after two months of treatment.

NOTE: For effective treatment you must wear the Plantar FXT regularly for a few months or as directed by your physician.

****** This product is not to be used while ambulatory (walking, etc). Only use the Plantar FXT when non-ambulatory (Do not walk while wearing the Plantar FXT). ******

For application instructions on all other Thermoskin products please see Directions for Use on other portion of this brochure.